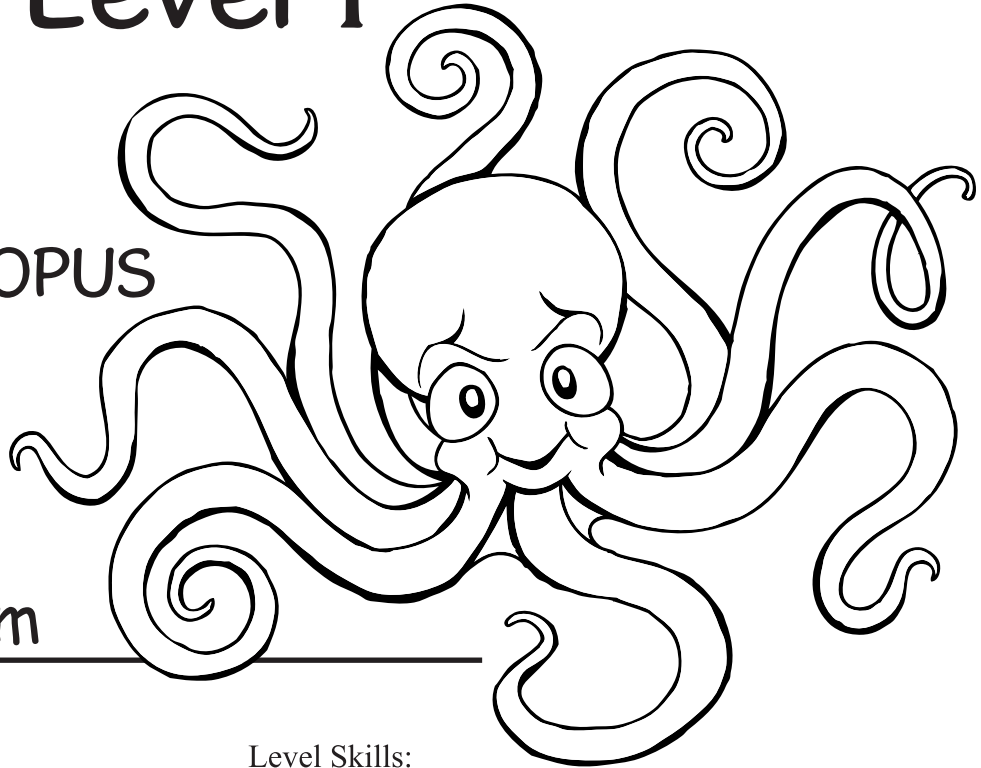


# Learn to Swim

## Level 1

RYLANN the OCTOPUS



### Course Curriculum

#### Exit Skills:

- ☐ Face float independently (10 seconds) and recover
- ☐ Back float independently (10 seconds) and recover
- ☐ Face float with kick unsupported (15 ft.)
- ☐ Back float with kick unsupported (10 ft.)
- ☐ Front float and roll over to a back float independently
- ☐ Front glide with kick (10 yds.)
- ☐ Underwater recovery arms and legs (5 ft.)
- ☐ Back float with kick and winging (intro)
- ☐ Level off from vertical position

#### Level Skills:

- ☐ Blow bubble through mouth and nose
- ☐ Open eyes underwater
- ☐ Retrieve object from 3 feet deep at least two times
- ☐ Climb out at wall independently
- ☐ Verbalize safety rules at the pool
- ☐ Watch demonstration on reaching assists
- ☐ Enter shallow water with lifejacket and kick on front